

NEWSLETTER



FEBRUARY IS HEART MONTH: REDUCE YOUR RISK FOR HEART DISEASE

Several health conditions, your lifestyle, your age and family history can increase your risk for heart disease. These are called risk factors.

About half of all Americans (47%) have at least 1 of 3 key risk factors for heart disease: high blood pressure, high cholesterol, and smoking. Some risk factors for heart disease cannot be controlled, such as your age or family history. But you can take steps to lower your risk by changing the factors you can control.

To lower your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can lead to heart disease. High blood pressure has no symptoms, so it's important to have your blood pressure checked regularly.
- **Talk to your doctor or health care team** about whether you should be tested for diabetes. Having uncontrolled diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke or vape, research ways to quit.
- **Discuss checking your blood cholesterol and triglycerides** with your doctor.
- **Make healthy food choices.** Obesity or being overweight raises your risk of heart disease.
- **Avoid or limit alcohol** to one drink a day.
- **Manage stress levels** by finding healthy ways to cope with stress, such as meditation, exercise, or reading.

Source: [cdc.gov](https://www.cdc.gov)



HAPPY BIRTHDAY

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James Kiernan	2/02
Vincent Salas	2/10
Monica Mendoza	2/12
Cheryl Smathers	2/22
Rosemary Gonzalez	2/27
Baby Hernandez	2/30

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Patricia C.	2/19
Emily P	2/24
Irene G.	2/26
Dolores F.	2/28
Hunnicut H.	2/28

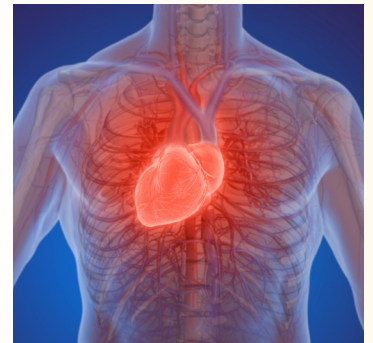
Activity Highlights

02/03	Western Day
02/07	Wear Red Day (Heart & Stroke Disease Awareness)
02/09	National Pizza Day 2:00 PM
02/13	National Pancake Day 9:30
02/14	Valentine's Party 2 PM
02/15	Red Sock Day
02/23	Banana Bread Day 11:00 AM
02/27	Retro Day
02/28	Feb. Birthday Bash

National Cardiac Rehabilitation Week: February 9-15, 2025

If you have a heart attack or other heart problem, cardiac rehabilitation may be an important part of your recovery. Cardiac rehabilitation can help prevent another, perhaps more serious, heart attack and can help you build heart-healthy habits. Learn more about if you can benefit from a cardiac rehabilitation program and how it can aid in your recovery. **Benefits of Cardiac Rehab:**

- Strengthening your heart and body after a heart attack.
- Relieving symptoms of heart problems, such as chest pain.
- Reducing stress.
- Improving your mood.
- Increasing your energy and strength.
- Building healthier habits such as getting more exercise, quitting smoking, and eating a heart-healthy diet.
- Making you more likely to take your prescribed heart medicines.
- Preventing future illness and death from heart disease.



Source: [cdc.gov](https://www.cdc.gov)

Tell A Fairy Tale Day

Over the years, oral histories, myths, and legends have evolved to become known the world over as "fairy tales." The origins of most fairy tales are rough around the edges, and would not be considered appropriate for children by today's standards. **If you enjoyed fairy tales as a child, then exploring the source material as an adult can make for a fun and interesting afternoon.**

Alternatively, there are lots of new fantasy stories for



adults that feature beautiful characters and magic. Make a cup of your favorite drink, settle into a cozy chair with a book, TV show, or movie and immerse yourself in the world of romantic royalty, tricky fairies, hard lessons and fierce dragons.

Looking for a different way to celebrate Tell a Fairy Tale Day on February 26? Share your own original fairy tale from your imagination!

ACTIVITY PHOTO HIGHLIGHTS





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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

C	L	I	F	E	S	T	Y	L	E	H	V	O	Z	Q
A	N	O	D	Y	F	V	E	M	R	E	A	V	O	Y
R	S	X	F	L	O	W	E	R	S	A	L	Q	F	P
E	M	H	F	P	W	F	R	P	J	R	E	N	A	K
L	Y	C	E	R	W	O	V	I	I	T	N	C	N	M
Q	U	R	E	A	A	L	M	C	S	S	T	S	T	Q
A	Y	N	X	O	L	P	Y	I	Q	K	I	F	A	E
F	P	C	E	G	X	T	X	H	L	H	N	X	S	Y
O	C	Q	R	L	P	C	H	C	O	I	E	V	Y	B
W	A	W	C	I	O	H	C	Y	V	S	V	K	S	K
K	R	J	I	S	I	E	R	I	E	T	L	Q	S	M
P	D	W	S	N	V	R	Z	E	H	O	G	L	E	E
M	I	U	E	A	K	R	J	M	D	R	H	G	K	Z
Y	A	S	V	C	B	Y	O	J	L	Y	Y	P	K	W
V	C	P	C	K	W	R	X	X	J	U	K	Z	A	Y

WORD LIST

- CARDIAC
- CARE
- CHERRY
- EXERCISE
- FANTASY
- FLOWERS
- HEALTHY
- HEART
- HISTORY
- LIFESTYLE
- LOVE
- RED
- RISK
- SNACK
- VALENTINE